

Useful Solution-focused Questions

Goals for the session

- How would you know that it was useful meeting me today?
- What would be a good outcome of this meeting for everybody concerned?

Looking for exceptions

- When are the times that it doesn't happen/is better?
- When are the times that it doesn't last as long/is less bad?
- When are the times that you feel better about it/it bothers you least?

Then:

- What is different about these times?
- What were you/the class doing differently?
- Who noticed?
- What would be the first sign that things were getting better?

How do you cope?

- What stopped you from giving up when things have been so bad?
- What has helped you cope?
- How do you cope?

How do you stop things getting worse?

- What have you done to stop things getting worse?
- What has helped you get through?

Scaling

- On a scale of 1 to 10 (1 being the worst that things have been and 10 being how you want things to be) where are you today?
- So what are you doing to keep you at.....?
- Why aren't you 0/1?
- If you are 3 what would you be doing that would tell you that you are a 4?
- Where would you like to be?
- What would this look like?
- What would you/the class be doing that is different?
- On a scale of 1 to 10 how confident do you feel about things getting better?

- What would it look like at 10?

Miracle Question

- Imagine that after you go to sleep tonight a miracle happens and the problems that you brought here today were solved in a way that is acceptable to you and your class. But since you were asleep you will not know that the miracle has happened. When you wake up tomorrow morning what would be different that would tell you? What will you see yourself doing differently, what would you see others doing differently?

Building on strengths

- When you have faced this sort of problem in the past what did you do that helped you resolve it?
- What other tough situations have you handled?
- What skills did you use?

Making a Plan

- On your scale, where would you like to be next week?
- What would help you get there?
- What would you need to do?